



Week Leading up to 1.31.21: Spiritual War

***{Start with reviewing the previous Meetings Challenge or discuss prior to sharing this week's challenge.}**

Let's Begin: Think about how the challenge went for the last session. What went well? What was difficult?

Opening Prayer:

Begin with a brief moment of silence shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: Mk 1:21-28

After the Reading Conclude with this prayer:

Dear Jesus, help us to recognize the unclean spirits in our lives. It is through Your name and Your power that we can be cleansed. We turn to You for healing and ask for Your continued protection. Amen.

Reflection or Discussion Question:

1. In this reading we hear about a man with unclean spirits and how Jesus freed the man of this evil spirit. Do you believe/feel that there is spiritual warfare still going on today?

YouTube Video: How the Devil Uses Your Gifts and Talents Against You – Fr. Mark-Mary (8:56)

<https://www.youtube.com/watch?v=hhDHYpvEHNw&t=4s>

Reflection or Discussion Questions:

2. The video talks about how the devil is very tricky and can tempt us to use our talents improperly. Have you ever thought of this as a type of spiritual warfare? Does it change how you will view/address these temptations in the future?
3. Fr. Mark-Mary specifically shares how we can receive a new insight and then use it to look down on others. Have you ever done this or experienced it?
4. Have you ever felt that friends/family were watching you on your faith journey? How have you handled this?
5. Fr. Mark-Mary shares some things we can do to not succumb to evil temptations; 1) Being steeped in gratitude to God, 2) Share the gift and faith in Charity, and 3) Penance and Prayer. Which of these suggestions would you find most helpful? Can you think of others?
6. Can you think of specific ways to improve your gratitude?
7. How do you think/feel sharing the faith can help us to fight the temptations of the devil? Do you think/feel sharing the faith makes you more accountable? Why or Why not?

Session Challenges: {Choose one or all and print next page for handout to group members.}

- Memorizing Scripture can help us to train our minds against spiritual warfare. Memorize Romans 12:2 *“Do not conform yourselves to this age but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect.”*
- Say the prayer daily to St. Michael the Archangel. Downloadable versions can be found here: <https://www.knightsoftheholyeucharist.com/saint-michael-prayer-download/>
- Read Ephesians 6:10-17 and every time this week you feel tempted by evil, make the sign of the cross over yourself and say, “Jesus, I need You.”

Closing Prayer: (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.) *Dear Lord, we thank You for the gifts and talents You have given us. We recognize the reality of being surrounded by evil. Help us to turn to You throughout each day and train our minds to focus completely on You when we are tempted. Through the power of Your name, Jesus Christ, we ask that You quench the flaming arrows of the evil one. It is through Your grace we will find the strength and peace we need to fight this battle. Amen*

{Optional additional Readings} Sunday Reading 1: [Dt 18:15-20](#) Sunday Reading 2: [1 Cor 7:32-35](#)

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